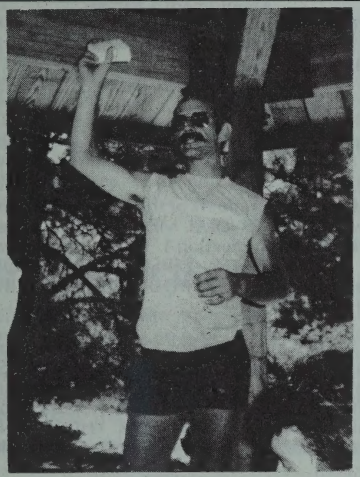
THE SOURCE

October, 1985 Volume 1, Issue 10

Dan Craig co-hosting (last June's) "Pride In The Park Picnic," sponsored by the Network.



Dan Craig Wins Election

The Pikes Peak Gay Community Center has a new president and his name is Dan Craig. For the first time in the history of the center, the position of president had three candidates running for it. The voting done and checked, it was announced last Sunday night that Dan was the winner.

A thirty year resident of California, Dan Craig moved here in 1983. After taking a couple of months off to get adjusted to his new home, he became involved in several of the gay community groups in Colorado Springs. Involvement in the Network, a social/business group that meets twice a month, led to his direct involvement in attending the Board meetings at the Community Center.

Dan speaks highly of the past board and all it has done for the members of the community. At the celebration party held for him on Sunday night by his lover Cab Shepard (Cab is now appearing in the Fine Art Center's presentation of the Wiz. See article this paper) he expressed some of the things he would like to see the center become. Along with trying to incorporate ideas which would make the center more attractive to it's members, Dan believes (as do several members of the Board) that it can and should become self sufficient.

The first thing he did after taking office was to schedule a Board meeting at the Community Center, for this Sunday the 6th at 3:00 p.m. This meeting will give all of the new Board Members a chance to explain their ideas and get the ball rolling on several different projects. Another item on the agenda for this weeks meeting will be the scheduling of an open house to give the general membership a chance to meet the new Board. Finally, Dan asked that we remind people that the center is open Mon. thru Fri. from 6-9 p.m. and on Saturdays from 1-5 p.m. Everyone is welcome to come down and talk to a volunteer and find out what is available and how they can become involved. ■

Julian Rush To Speak At Colorado College

By Ruth Ann Diehl

Maranatha Metropolitan Community Church will host a lecture by Julian Rush, Director of the Colorado AIDS Project, Oct 16, at 7:00 pm., in Packard Hall. The auditorium is located on the southwest corner of Cache la Poudre and Cascade Ave. Maranatha will co-sponsor the lecture with Boettcher Health and Counseling Clinic of Colorado College. The lecture is entitled "AIDS: What Everybody Ought to Know."

Julian Rush is a speaker in great demand and Maranatha is pleased to bring him to the Colorado Springs area. He not only serves as the Director of the Colorado AIDS Project, but is also Assistant Minister of St. Paul's United Methodist Church in Denver. In 1979 he drew national attention by making known his homosexuality. He is one of very few clergymen in mainline denominations to do this courageous act.

The Colorado AIDS Project was begun 2 years ago by the Denver Gay and Lesbian Community Center. It was 3 months old when Julian became the Director. The effectiveness of the Project has grown to such an extent that other cities and states are looking to the Denver organization for help in organizing their own AIDS support groups. Thousands have been counseled or helped in some way by the 145 volunteers, over 1/3 of which are straight. The Project not only provides information, but also facilitates in patient care and assists in government and legal matters.

Since concern about AIDS is not limited to the gay community, Maranatha is providing this opportunity for the whole Colorado Springs area, gay and non-gay, to become better informed about the disease. A recent YV poll by KRDO revealed that people in Colorado Springs want to know pertinent facts about AIDS, not scare stories. Through education we hope to avert the fear that could result in further oppression and segregation of the gay community.

The lecture is free and everyone is cordially invited to attend. Donations will be received afterwards for the benefit of Ricky Morris to assist with his expenses. ■

Ghosts, Goblins And Prizes Galore

By Harry Staub

Get your costumes ready, the Network is getting ready for it's annual Halloween Party with prizes going to several different categories. Being held at the Women's Bar (2735 Club) on October 21st., between 7:00 and 10:00 p.m. Prizes will be given for the Most Humerous, Most Glamorous and Most Outrageous costumes.

The Network's Halloween party last year was a huge success with over 50 people attending. Plans for this years party promise to make it even better. ■

Letters To The Editor

Dear Editor:
We at Synergy Publishers have been pleased and surprised by the growing public interest in the world of metaphysics especially as ir related to health and wellness. Along with medical doctors, more and more people are stretching all boundries of the mind to find solutions to illness and dis-eases such as cancer and AIDS.
In our continuing program at Synergy Publishers to make metaphysical information available to all who are interested, we would like to offer free of charge to your readers some of the latest material we have received concerning health, harmony, and AIDS, including supportive material for those working with people with cancer and other dis-eases. The concept and title of this information is "All Illness Is Preventable."
For those new friends who are just now getting their feet wet in the metaphysical water, may we assure you that our material by Ron Goettsche and Bob Fogg does not contain dogma or ritual, nor do we offer any belief structure. Come on in, the water's fine.
As the authors stated in their nationally distributed book, *DOWN TO EARTH: THE JASON JOURNAL*, "We only offer the supporting hand of love that the lives of our brothers and sisters might be experienced to their fullest."
May we invite those readers who are interested in receiving the channeled material "All Illness Is Preventable" to writhe to us at: Synergy Publishers, P.O. Box 18268-, Denver, CO 80218.
Sincerely
Mark Evans, Editor

STAFF

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Dan Ames

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Conny Seay

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P.P.G.C.C. Election Results

By Harry Staub

The votes are in and the ballots have been counted. As of September 29th, the Pikes Peak Gay Community Center has a new Board of Directors and several changes have been voted in on the amendments. The results are:

Officers

President - Dan Craig
Vice President - Shelly K.
Secretary/Treasurer - Michelle A.
Helpline Coordinator - Harry Staub
Speakers Bureau Spokesperson - Roger Webb
Gayspeak Editor - Dan Lykins

Amendment Changes

Article I...Name and Purpose - yes
Article III...Governing Policy - yes
Article VII...Board of Directors - yes
Section 1 - yes
Section 2 - yes
Section 5 - yes
Article VIII...Duties of Board Officers - yes

Article V...Membership
Proposed by Bob: "Members of the Center shall comprise the body known as the GENERAL MEMBERSHIP." - tie
Proposed by Shellie K.: Section 1 "There shall be two classes of members of THE CENTER, PERSONAL AND CORPORATE, which shall COMPRISE THE BODY KNOWN AS the General Membership." - tie

Section 2 "A personal member shall be any person of good will, 16 yrs. of age or older. CORPORATE MEMBERS SHALL BE any gay, social, political, religious organization or business. Said members shall pay an annual membership fee. THE PERSONAL MEMBERSHIP FEE FOR THOSE ON LIMITED INCOME MAY BE WAIVED FOR equivalent services to the Center." - tie

Article VII...Board of Directors
Proposed by Shellie K.: CORPORATE MEMBERS may elect... - tie
Section 6
Proposed by Bob: "At an election held for Board OFFICERS electees receiving the most votes shall each serve one(1) year terms." - tie
Proposed by Shellie K.: "At an election OF THE PERSONAL MEMBERSHIP held for the Board officers, electees... - tie

The propositions that ended in a tie vote will be voted on by the Board of Directors at their next meeting. ■

Future Of The Center

With the elections behind us and the new Board of Directors in office, what will be the future of the Pikes Peak Gay Community Center?
Several members of the Board of Directors are focusing on making the center a place that the community will want to use. There are many ideas and very few people available to help, but that is not the way it has to be. Your input, is wanted and needed. If you have ideas on what a community center should be...now is the time to let us know about it.
Join (is $7.50 really too much?) and become a part of the planning and decision making that will make the center what we all want it to be. The meetings are open, you don't have to walk in and pay for a membership on the spot. Everyone is welcome to come in and visit, meet some of the people and find out what is going on. Find out where your interests lie and how you can best help.
The most common complaint heard is that there is nothing to do. Well, there is, all you have to do is get out and start doing it! What it's all about is not just work, it can also be a lot of fun.■

Falwell Has To Pay Up

A Judge has ordered the Rev. Jerry falwell to make good on a promise to pay $5,000 to a gay leader if he could produce a tape recording of an attack by Falwell on a gay community church. In his ruling, Sacramento, Calif., Municipal Judge Michael Ullman said Falwell had denied on a local television talk show last year that he had attacked the Metropolitan Community Church and offered Jerry Sloan $5,000 if he could produce the tape. Sloan gave the judge a tape in which Falwell referred to the church as "part of a vile and satanic system (that) will one day be utterly annihilated, and there will be a celebration in heaven."*Gazette* ■

Open House At The Center

The new Board of the Pikes Peak Gay Community Center will be holding it's first open house on October 26th from 3:00 to 7:00 pm.
Refreshments will be served and all of the support groups have been invited to have a representative present to answer questions. There are many things being planned for the future of the Center and it's support groups and it is hoped that the community will attend the Open House. Everyone is welcome and this is the perfect chance to come on down and have a look at what is being done and what will be done in the months to come. ■

H&S of Pueblo Closes

If you are planning on taking a trip to Pueblo in the near future and visiting the H&S there is on your list of things to do...make other plans. The bar closed last Sunday night and at this time there are no plans to reopen it as a gay bar. The H&S of Pueblo has been open less than one year and with it's closing leaves El Chaperal as the only gay bar in the area. ■

The Wiz Ready To Go

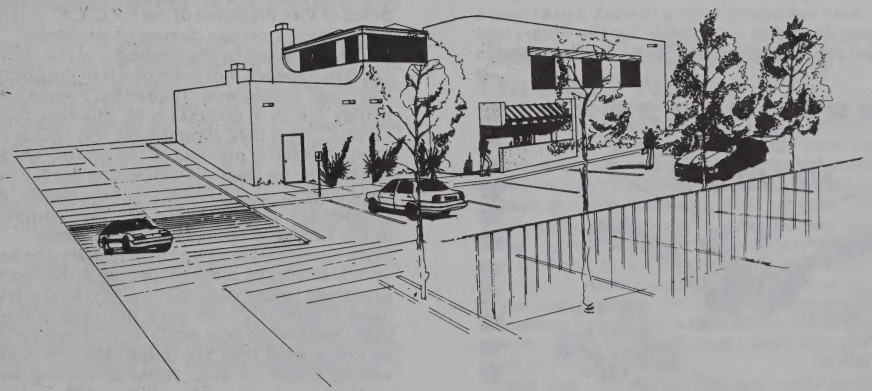
By Harry Staub

The Fine Art Center's production of the Wiz, starring Cab Shepard in the role of the Wiz and Vicki Shepard as the Good Witch, is more than ready for it's opening night performance. After several months of busy rehearsals and a partial debut performance to help raise funds for the Center, the cast and crew are confident that this will be one of the best productions put on this year. Commenting on the level of excitement and the degree of anticipation that all of the members of the cast are feeling Cab said he is anxious to be on stage and doing the play in it's entirety.
Check the Community Calander section of the paper for the scheduled performance dates. The play will only be staged 7 times over a 2 week period and is something you don't want to miss. ■

Church Resolves Gay Right Question

Churches and agencies within the United Church of Christ (UCC) were encouraged to adopt a policy of openness to and affirmation of lesbian, gay and bisexual persons by a resolution passed by the UCC Fifteenth General Synod. More than 700 delegates, representing UCC churches throughout the United States and Puerto Rico, passed "A Resolution to Covenant as Open and Affirming" near the end of the five-day gathering. Proponents of the resolution charged that previous Synod actions had never specifically asked local churches to declare themselves to be open to and affirming of lesbians and gays, and that the resolution deserved to be heard.
The resolution was brought to General Synod by the Massachusetts Conference UCC, which had passed a similar resolution in 1984. ■

The Exit



The "Newest" Old Bar In Colorado Springs

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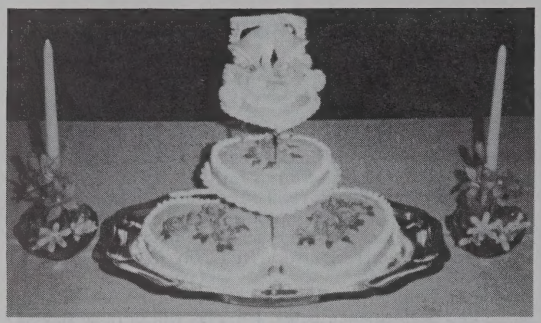
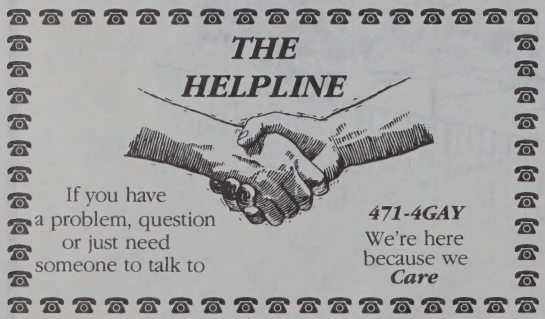


Holiday Treats And Special Occasions

There is an artist in town and he creates the kind of art that finds it's way into most peoples hearts (not to mention their stomachs.) His name is Ed Sells and for several months now he has been creating cakes for various members of the gay community and is doing it in such a way as to cause quite a commotion.
Ed is a member of P.P.M.C.C., The Helpline and the Monday Nite Rap Group - Can We Talk. He got started in this venture by doing favors for fellow members and friends of the various organizations to which he belongs. Well it didn't take long before the people eating the treats that he baked started asking where they came from. Now word of what he does is quickly spreading thru the community. If you have a special occasion coming up and the local bakeries dont have exactly what your looking for, give Ed a call. Not only are his baked goods a real taste treat, you will be surprised just how creative he can be with a little flour and some eggs. If you would like to talk to Ed about what he is doing feel free to give him a call at - 591-4320. ■

Volunteers Needed

The Pikes Peak Gay Community Center is looking for a few good volunteers. People are needed to keep the center open the hours that the Helpline is now covering. With the changes being made on the Helpline it will be a lot easier for everyone involved if there were volunteers willing to work 3 to 4 hours a week greeting people, being responsible for the library and helping the volunteers on the phones. If you are interested in helping out call 471-4GAY. ■



Deadline For November Issue

The deadline for the November issue is October 25.

Subscriptions

Due to the increases in postage over the past several months, the subscription rate for the SOURCE will be increased to $10.00 for 12 issues.
The rate increase will be effective November 5th, 1985. ■

How'd Ya Like To Be A Star

Winter is almost here and several people in town are looking for something to do to keep them busy, during those long cold months. One of the ideas that is being kicked around is the start of a all gay theater group. This group would be starting from scratch and needs talented people in all fields, capable of putting together a gay stage production.
If you are interested in becoming a member of Colorado Springs first Gay Theater Group and would like more information on how to go about it, write: Theater Group, c/o the Source, P.O. Box 212, 3624 Citadel Dr. N., Colo. Spgs. Co 80909.
The Source is not starting this group but will be happy to forward your letter to the people who are. ■

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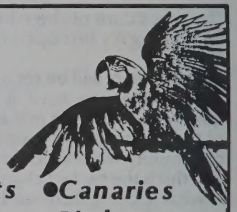

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Set Your Clocks Back

At midnight on the 27th of this month, don't forget to set your clocks back 1 hour. Daylight Savings Time ends, can Winter be too far away? ■

Option - Anonymity

An important fact (of life) was brought up by Shellie K. at the Sept. 16, Network meeting. Shellie has just been voted in to the office of Vice President of the P.P.G.C.C. and has done so while maintaining a certain degree of anonymity.
As she explained to the members of the Network, during her campaign speach, not everyone is in the position to be as open and "out" as they would like to be. People have to be realistic, if they are in a profession or situation that requires being careful....then they should have the option to do so.
Shellie is a active member of the community and has a job that dictates she be cautious with letting her full identity be known (especially in print.) This is a inconvenience, but in no way has stopped her and others like her from contributing their share to the Colorado Springs Gay Community.
Since our first issue came out in January, the Source has printed several articles by different people in the community that were submitted under pseudonyms. We appreciate the effort that these individuals have gone to (some of them on a monthly basis) and realize how much more they give to the community by doing what they are doing. There is nothing wrong with writing under an alias, there is nothing wrong with being actively involved in the affairs of the community and not wanting your name used in print. There is however, something very wrong in just sitting back and waiting for someone else to get involved.
The time is now. Gays and Lesbians need to band together, we need to be aware of what the community needs as a whole. The only way this can be done is if as individuals we start getting involved and finding ways that we can help.
There are ways to get around anything, if you are in a situation that demands discretion...be discreet. Use your head, you can contribute and help YOUR community as much as you WANT to, at the same time you do have the option of anonymity. ■

A.I.D.S. Information Page

Liz Taylor To Chair Foundation

West Hollywood (AP) - Elizabeth Taylor has announced the creation of a foundation to raise money to find a cure for the deadly disease AIDS.
"This new foundation will emerge as the national organization to support research with the staying power to attract adequate financing and resources from the private sector and to work with the government to turn around the AIDS crisis," said Miss Taylor, who will chair the American Foundation For AIDS Research.
Miss Taylor said actor Rock Hudson 59, whose illness with AIDS was revealed in July, has given the foundation a $250,000 check. ■

American Soldiers Contracting AIDS, Researcher Says

Washington - German prostitutes have infected some U.S. soldiers with AIDS, and those soldiers appear to be spreading the disease to wives and girlfriends, as heterosexual transmission of AIDS moves from theory to reality, a Harvard researcher testified.
Dr. William A. Haseltine of the Harvard Medical School told a Senate hearing that an Army study found that 5 percent of the U.S. soldiers in berlin seeking treatment for venereal disease are infected with the AIDS virus.
He said they apparently were infected by local prostitutes. Among prostitutes surveyed, he said, 20 percent to 50 percent were infected with AIDS. Dr. Haseltine did not say in his prepared testimony how many soldiers or prostitutes were surveyed.
A Fort Carson spokeswoman said that the post hospital has not had nay AIDS cases.
The post is waiting for the surgeon general's office to complete an education program on the disease, which fort Carson will include in preventive medicine education programs, she said.
Dr. John Muth, director of the El Paso County Health department, also said that his agency has not seen any association between AIDS cases and the local military community.
"We have looked for it," he said. "But so far, it's not there."
Blood samples by the Army have shown that an infected male soldier can transmit the AIDS virus to a female sexual partner, and that she in turn can transmit the virus to other males, Haseltine said.
And, he added, there are some reports indicating lesbian women can spread the disease to other women.
In his prepared testimony for the Senate appropriations subcommittee on health, Haseltine said, "A lethal venereal disease is now spreading through our population, all the more dangerous because infections may remain inapparent for a long time.
Subcommittee chairman Sen Lowell P. Weicker, R-Conn., assured the government health experts that as far as federal money goes, "Whatever you ask for, you're gonna get."
Weicker also said, "There's no reason for panic. None whatsoever. There are certain simple rules of conduct" to follow. "I know we're going to lick this problem."
Homosexual men have been the principal victims of AIDS, and many have thought of it as a disease of homosexuality. But, said Haseltine, "in retrospect it appears **that the original focus on the sexual practices of homosexuals... was misplaced.**
Gazette ■

A.I.D.S. Virus carriers To Be Listed

Denver - Over Vehement objections, the Colorado Board of Health approved what appears to be the nation's first program that requires reporting of people whose blood tests show exposure to the AIDS virus, although they may not have the deadly disease.
Under the measure adopted unanimously by the board, health professionals must give county or state officials the name, address, age, sex and physician's name of anyone whose blood test shows AIDS antibodies. Antibodies are the substances the body makes to fight infections.
The reporting requirement takes effect **Oct.30.**
The board adopted the plan because AIDS "has a great potential for harm to many people," said board chairman Carroll Rushold.
The test shows whether a person has been exposed to the AIDS virus. It dosen't mean the patient has or will have acquired immune deficiency syndrome.
Critics fear that those listed could face discrimination if their names are released.
Ann Lockhart, state health department spokeswoman, said the lists will be kept confidential.
She said data will be used to assess "the spread of the virus in various populations of the state and also to ensure those exposed to the virus will receive appropriate counseling in how to protect themselves and others."
Colorado apparently is the first state to require reporting of positive test results, Ms. Lockhart said.
AIDS, first noted in the late 1970's, is a disease that destroys the body's ability to fight infections. It is transmitted through the transfer of body fluids. Those at high risk of getting AIDS include homosexual and bisexual men with many sex partners, intravenious drug users, hemophiliacs and blood transfusion recipients.
No one with AIDS has been known to live for more than a few years.
Health officials say that up to 20 percent of those exposed to the virus will come down with AIDS in three to five years. Another 20 percent to 25 percent may become ill with "AIDS related complex."
State officials repeated assurances that the reports will be handled privately and with sensitivity, but that didn't convince those opposed to the reporting requirements. ■

Lamm: Quit Spending Money On AIDS Victims

Denver (AP) - Gov. Richard D. Lamm, whose outspoken comments have angered the elderly, the handicapped, and some immigrants, now says it is futile to spend unlimited amounts of money on AIDS victims who have no chance of recovery.
"There are two types of AIDS patients," the govenor said Wednesday. "Either you're dying or you're dead."
Some members of the Denver gay community criticized Lamm's remarks, saying they were insensitive. But one doctor involved in AIDS supported the govenor.
Lamm said Thursday that he made his comments in response to a question by a doctor who had just discovered the disease in a patient, and wondered what Lamm thought the appropriate level of care would be.
"I said that with AIDS - like any other terminal disease -we would be much better off to spend money curing the disease rather than overtreating patients," Lamm said.
"Because of the hysteria about AIDS, it is important to understand that this reflects my feeling on all terminally ill people, and I am not singling out AIDS patients. AIDS is , thus far, a terminal disease," he said.
But Dr. Thomas Vernon, director of the Colorado Department of Health, said that only 5 to 15% of the people whose blood contains the AIDS virus progress to a fully developed stage of the disease. Those are the patients who do not survive, Vernon said. ■

Update On The Lesbian Custody Case

By Gloria Mackie

Progress in the custody case is slow, but there is progress. Judy Lovin and Loni Tracy were in Colorado Springs at the second benefit concert that took place on september 21. the most recent case-developments that were shared with us, all were very positive. a new trial date has been set - December 12, 1985. This is interesting, in that it has been moved up, by one week, from the previously scheduled date. The social worker assigned to the case has completed the investigation of the home environment and has interviewed the surviving parent. While the written report has not as yet been submitted to the court, the feeling abounds that both investigations went very favorably.

So far a little over $5,000 has been raised nationally for this cause. Donations are being received at the rate of about $100 per week. A little arithmetic will show that $100 per week is not going to raise the $10,000 estimate of trial costs by December. But that doesn't mean we give up trying. If we believe in fairness and justice for all, we keep going.

Colorado Springs hasn't given up. On September 21 we hosted our second benefit for this cause. The Imperial Court of Southern Colorado put on a "song and dance" special at the Women's Club on Yampa Street. Hostess and principal performer for the evening was Princess Royale X, Debbie. Entertainers for the evening were Emperor IX, Bob; Empress X, Kelly; Emperor X, David; Vice-Princess Royale X, Bev. The audience really enjoyed the show and several members of the audience spontaneously joined in performances. Kelly did a wonderful job soliciting donations.

The total amount raised that evening was $212.51 and came from the following sources:

$100 - 50% of the cover charge for the evening.
$40.51 - donations solicited by Kelly from the audience.
$17.00 - donation box funds.
$50.00 - donation from Poor Richards Feed and Read Restaurant.
$5.00 - from the Kinnikinnik Bookstore.

This total may increase from private contributions. So far Colorado Springs known donations: $500.00-single private donation; $100.00-single private donation and over $400.00-from two benefits.

If there are people who wish to donate privately please send the money to Loni Tracy, 4217 South Halifax Ct., Aurora Co 80013.

Thank You Colorado Springs for your $1000.00 - you have been very generous. ■

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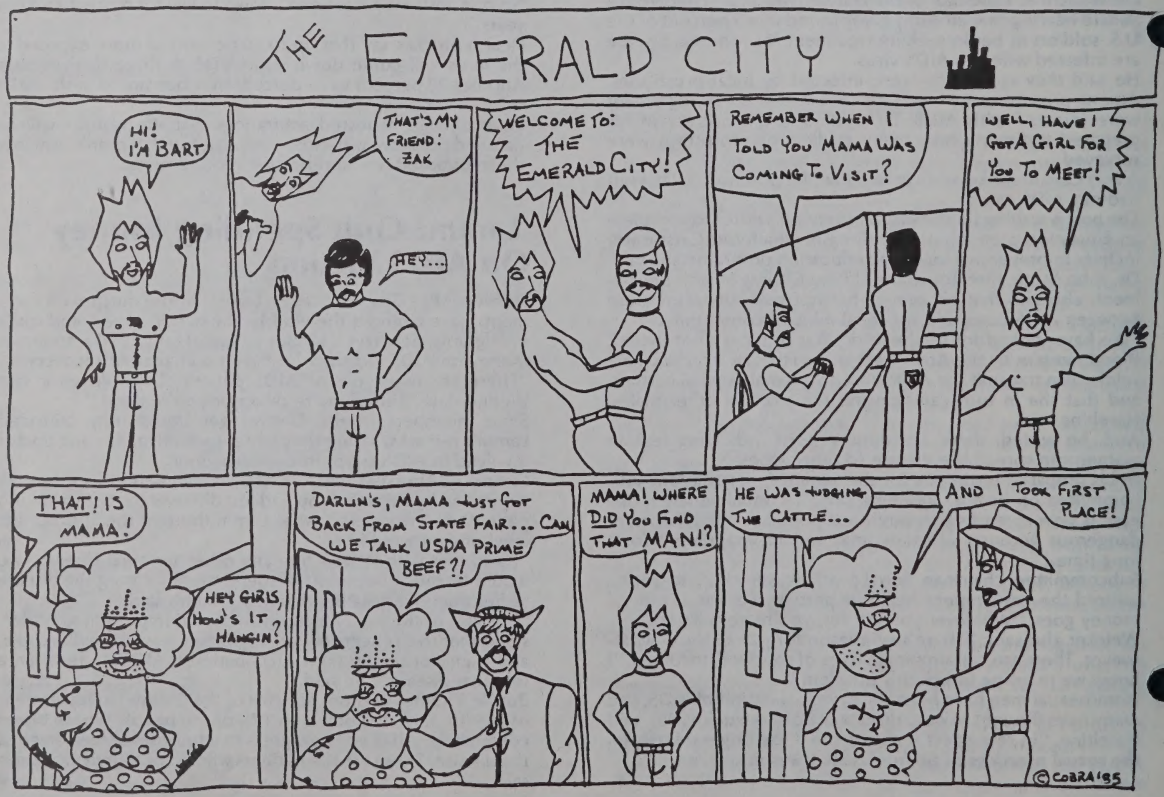
GAY HISTORY QUESTION

Who was the first openly gay candidate to run for reelection to Congress? ■


THE EMERALD CITY
HI! I'M BART
THAT'S MY FRIEND: ZAK
HEY...
WELCOME TO: THE EMERALD CITY!
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WELL, HAVE I GOT A GIRL FOR YOU TO MEET!
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DARLIN'S, MAMA JUST GOT BACK FROM STATE FAIR... CAN WE TALK USDA PRIME BEEF?!
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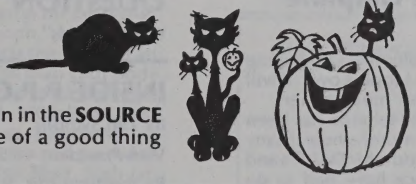

PERSONALS

G/W/M sincere, honest, employed (nites) - 30 - blonde, slender and smooth. Seeks, mature man for dates, theatre, hiking, massage - intelligent and easy going, prefer serious minded individual with good looks and build. Looking for lots of love, relationship and home. Very versatile and passionate, love to cook and garden. Please write R.B., P.O. Box 1904, C.S. CO., 80901

Gay Volleyball You don't have to be an expert, just enjoy the game. Meet at north end of Monument Park (where Fontanero intersects it) at 1:00 pm. on Saturdays. Everyone Welcome. Bring munchies.

G.W.M. 38, presentable and non smoker. Interested in relationship (roomate) with masculine G.W.M. 25-38 yrs. old. Willing to share all expenses. Call 471-1216, ask for George.

Seeking Persons who wish to make an extra $100.00 a month - call 591-8238.

Massage! Treat Yourself to a hot oil full body massage for total relaxation. I'll relieve you of those tense stiff muscles. Get rubbed the right way! Robert 635-9590.

Free To Good Home Male Black Lab., 1½ yrs. old, very playful, has had all of his shots and is neutered. Call 495-2140.

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with
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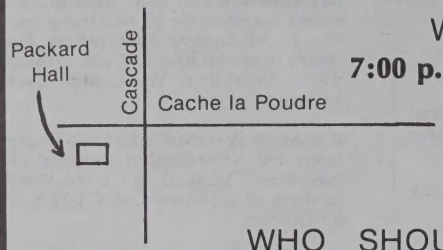
"AIDS: What everybody ought to know"

by

JULIAN RUSH
Executive Director of the
Colorado AIDS Project

Wed. Oct. 16, 1985
7:00 p.m. at Packard Auditorium



WHO SHOULD ATTEND?? Teachers, students, military personnel, parents, hospital workers, blood donors, athletes, clergy, nutritionists, and yourself.

Thank You For Calling The Helpline

By Harry Staub

Thanks to Alan Wakefield and all of the volunteers for having the Helpline in the position they did when I took it over. It will make my job (as the new Coordinator) that much easier.
I would like to explain something that the Helpline has been doing as a community service, for several months now. Many members of the community have gone to court for D.U.I.'s and D.W.A.I.'s and as a part of their sentence have had to do "Community Service" hours. Three of these people requested that they be able to do these hours by working on the Helpline and their requests were approved by the court.
If you find yourself in the same position and would like to do your hours on the line, here are a few things you should be aware of:
a) the Judge will assign you a set amount of hours.
b) before you can work off these hours, you will have to be trained by our volunteers.
c) training (10 hours) has to be done on your own time (our rule, not the courts) and will not be taken off of your Community Service hours.
d) you will have to attend all Helpline meetings (12 to 20 hrs.) on your own time.
e) Helpline rules are followed by everyone who works the phones. If at any time you do not adhere to these rules, your Community Service forms will be turned back into the court - incomplete. The time it takes to complete your hours in this fashion is much longer than the court normally allows. If you know you will be required to put the hours in before you go to court and you want to do them on the line, go to court prepared. Contact me at 636-1060 or leave a message at the Community Center 471-4429 and I will prepare a schedule for you to present to them for approval.
The Helpline is willing to help you if your willing to put in some extra hours for us, in return. ■

ANSWER TO GAY HISTORY QUESTION

Gerry Studds

INSIDE P.P.G.C.C.

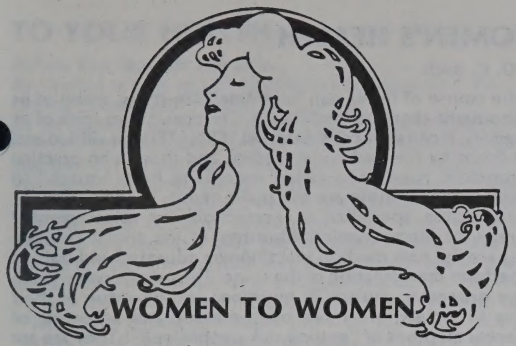
By Tim Symons

Vice President - P.P.G.C.C.

By the time this article is printed, we will all know the new Center officers, but right now my curiosity is peaked. The closest race appears to be for President, with Dan, Joe and Tim all eager to have the job. The other Board positions could be a surprise as well, with last minute write-ins always possible.
Late in September, P.P.G.C.C. is having a membership boom, folks presumably joining in time to vote. New membership applications cross my desk every few days. I am pleased with the gay community's renewed interest in their Center.
Pikes Peak Gay Community Center is in excellent shape for us and the new Board this winter. The Helpline is doing a splendid job, there are changes going on with Gayspeak, memberships (and spirit) is up, gay unity is again obvious, and the Speakers Bureau is again becoming active. All that's left is for us all to find our niche and get involved. Just call 471-4(Gay) for membership info.

Editorial Corner

Friends, I have had my fill of rumors informing me of who has AIDS and who is a carrier, who to shun, and how AIDS is transmitted. I prefer to keep up on scientific research and use these facts to behave sensibly.
Isolation is not necessary to protect one from AIDS, but love and respect for my friends and my own body demand the use of Safe Sex practices. The facts are out there-please let's all be responsible and informed. ■



Fad Diets-A National Pastime

By Roxanne Ellis

Weight loss is a national pastime and a multibillion dollar industry. About one-half of all households have at least one person on a diet. How successful are these dieters? Not very. In fact, only 5% of the people who lose weight keep it off for more than five years.

Why Diet?

Obesity can carry many social, psychological and physical discomforts. Approximately 80 million Americans are overweight and more than 40 million are clinically obese. Excess weight can stress the cardiovascular, respiratory and other body systems so they don't function normally. It may complicate problems like arthritis and high blood pressure and increase the risk of diabetes and heart disease.

People making the effort to lose weight should be congratulated, supported and encourged. They should not be misled into believing there is an easy, fast, magical way to shed pounds. Yet it is no wonder we easily fall victim to bogus fad diets. Our society values THINNESS. We embrace a new diet with the same gusto that we run to the latest thriller movie or attack a piece of chololate cake. We are pampered with miraculous time-saving, energy-saving and effort-saving devices. There should be instant, painless ways to diet too! "Can I program my home computer to burn excess calories? How about an easy-off spray cleaner for the fat on my hips?" Sorry, Economists tell us "there is no free lunch," and experts on diet and weight loss agree. Excess weight is the result of an energy imbalance. If you take in more calories than your body uses for growth, maintenance and activity, the extra energy is stored as fat. Fat does not "melt away." A 170 pound man would have to walk casually for 15 1/2 hours, bicycle 10 1/2 hours or swim 5 1/2 hours to burn the calories in one pound of fat. There is no magic in a high protein, high fiber, high fat, ketogenic or any other type of diet. Nor do special foods (grapefruit, bananas, vinegar or any combination) accelerate weight loss or unlock fat. To lose weight you must either take in less energy (fewer calories), increase your activity to burn more energy, or both.

Fad diets make flamboyant promises, and are presented in exotic terms and glossy packages. **Don't be fooled!** All they do is lighten the wallet not the scales. On top of it all, they rarely promote healthy, balanced eating habits or lead to permanent weight loss. Fad diets are based on a few themes that are repeated over and over.

How Do You Spot A Fad Diet.

1) Does the program make spectacular promises such as "eat all you want," spot reduce, prevent aging, or melt away fat?
2) Does the program offer fast, easy, effortless weight loss, or a solution without diet or exercise?, 3) Is the promised weight loss greater than 2 pounds per week?
4) Does the diet focus on one or a few foods and limit or exclude whole food groups?
5) Is the program based on pills or a "secret formula?"

Pills

Diuretics and laxatives trigger loss of water weight, not fat. They can cause dehydration and electroylte imbalances. Excessive use of laxatives can impair bowel function and interfere with vitamin and mineral absorption.

Appetite suppressing diet pills can be addictive. They have not been shown to offer any benefit over a low calorie diet.

Vitamin And Mineral Supplements

Large doses of vitamin and mineral supplements (in quantities greater than the U.S. recommended daily allowances) have no special benefits to weight control diets and may even be dangerous. They do not guarantee the same complete nutrition you get from eating a variety of foods.

A Good Weight Reduction Diet

1) Provides a nutritionally balanced, but calorie reduced intake of foods from all major food groups.
2) Encourages slow, permanent weight loss of 1-2 pounds per week. To promote loss of fat, not muscle.
3) Helps you to asses your eating habits, identify problem areas and promote positive changes.
4) Encourages a reasonable increase in physical activity.

Remember to consult your health care provider before starting a weight reduction diet. ■

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Mini Book Reviews

By Ken Chapin, co-owner of Trilogy Bookstore LTD.

How A Man Ages by Curtis Pesmen

Curtis Pesmen ought to have written *How A Man Ages* thirty years ago, and I ought to have read it then. The subtitle, *Growing Older: What To Expect And What You Can Do About It,* promises much useful information, and the book provides it.

I was impressed from the very beginning as I read, "...the integration of so-called masculine and feminine traits might be the elusive key to the concept of **vital aging.** It is possible that men who have taken on more of the nurturing and supportive roles, traditionally assigned to the female, will be better able to withstand the stresses of aging and retirement." It is unfortunate that Pesmen does not devote further space to expansion upon this theme.

You will be pleased to find excellent summaries at the end of each chapter. They provide helpful guidelines for personal care which I have already begun to put into practice for myself. You will find the approach refreshing, positive and holistic. The author seems genuinely concerned with giving us good information, is not interested in becoming another health guru and does not use valuable space for promoting fads or useless products.

Wherever you are in the aging process, you will find this book a useful and important addition to your library.

The Catch Trap by Marion Zimmer Bradley

Marion Zimmer Bradley has been a favorite author of mine for some years. Her fantasy/science fiction novels are filled with action, insight, and affirmation of alternative life-styles.

The Catch Trap lived up to my expectations. I admit that I had doubts about reading it; this book is neither science fiction nor fantasy. But the story caught my interest immediately, moved well, and was so convincing that I participated in the agonies of the Flying Santellis as they struggled to keep alive their family troupe amidst the change in the circus over the decade following World War II.

Tommy Zane's involvement with the Santellis leads to his "adoption" by the family, his discovery of his homosexuality, and his eventual development into a "catcher" for Mario. Their often painful and difficult relationship and their agreement not to let in interfere with their "flying" is an important secondary theme.

The author avoids the trap of giving easy answers to the challenge of maintaining a good homosexual relationship in an era which was even more hostile to the idea than now. Without being "preachy," she engages the reader in significant issues by doing a good job of "telling it like it is." This is good reading for anyone. ■

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WOMEN'S HEALTH

By D. C. Bach

In the course of living our "alternate" life-styles, many of us have sought alternate health care. Chiropractic, in spite of its longevity, is certainly considered ALTERNATE!! It is vilified and put down by the traditional medics, and those who practice chiropractic have been called everything from "quack" to "witch doctor"--those are the polite terms.

Chiropractors specialize in correction, by spinal manual therapy, of biomechanical disorders of the spinal column. They are the only medical practitioners educated and trained to perform manipulation of the spine. They also receive much more expensive courses in nutrition; and by virtue of their status in society, are more open-minded and accepting of different methods of "getting sick people well"! They are apt to employ accupressure, hair analysis, nutrition, TENS, and any other scientifically based method in treating their patients.

The theory of chiropractic is based with correcting subluxations of the vertebrae of the spine. Subluxations are misalignments that are causing pressure of the nerves that exit the spinal column and control virtually every part of our body--both autonomic and voluntary actions. Major nerves branch out from the spine to various organs--eg., the stomach, lungs, heart, etc. If the nerves are "pinched" as they leave the spine, it only makes sense that the organ they control will operate less efficiently. By correcting the root cause (at the spine) of malfunction, the chiropractor can affect the internal function of our bodies. If our organs are operating at peak efficiency, we are better able to cope and feel much more like enjoying life.

Specifically, for women, there are nerves that exit the spine that control the ovaries, uterus--all those female specific organs! If you're suffering from one or more of the many symptoms of dysmenorrhea (difficult/painful menstruation) or painful ovulation or any other of the myriad symptoms particular to women, consider the benefits of chiropractic care for you.

A reputable practitioner of chiropractic (and there are many) will assess your case individually and be honest about how chiropractic can help. Consider this beneficial ALTERNATE to feeling good and operating at peak efficiency for yourself. ■

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TO YOUR HEALTH

Before You Sign On The Line...

By Gloria Latimer, Health Education Coordinator, El Paso County Health dept., 578-3108.

As the summer comes to an end, many people will be moving from the great outdoors for their fitness and fun to the warmth and comfort of health spas. Health spas and other clubs offer a variety of classes, equipment, facilities, and payment plans for you to consider. Because a health spa membership is both a financial and personal investment, take time to closely examine the facilities and the expertise of the instructors before you sign the contract. As a former health spa employee and a concerned consumer, I'd suggest you do the following;

- Check out several health clubs before you decide on one.
- Visit clubs during the hours you'll be using the facilities. Usually the 4:00 pm.-8:00 pm. period is the busiest. (Do you have to wait to use certain pieces of equipment? Are instructors available to plan your fitness program? Is the facility too crowded?)
- Look closely at the condition of the equipment and the general cleanliness of the facility.
- Ask about the qualifications of the people who give advice on nutrition, weight training, or body building.
- Listen to what current members have to say about the club.
- Find out the hours available for your use. Some spas have different days and times for women and men to work out.
- Read the contract carefully--don't allow yourself to be pressured into a decision on your first visit.
- Sign only a short-term contract of 1-2 years. Lifetime contracts usually mean the life of their corporation.
-See if the contract allows for a "cooling off" period that lets you change your mind and get a full refund.
- Find out what happens to your membership should you become unable to use it any longer. (if you move, become ill, disabled?) GET IT IN WRITING AND HAVE THE MANAGER SIGN AND DATE IT.
- Read carefully all parts of the contract concerning finance charges and renewal fees.
- Call the Better Business Bureau and ask if there are any complaints against the club.

Health clubs are a good investment only if they meet your needs and you use them regularly. Take time...before you sign. ■

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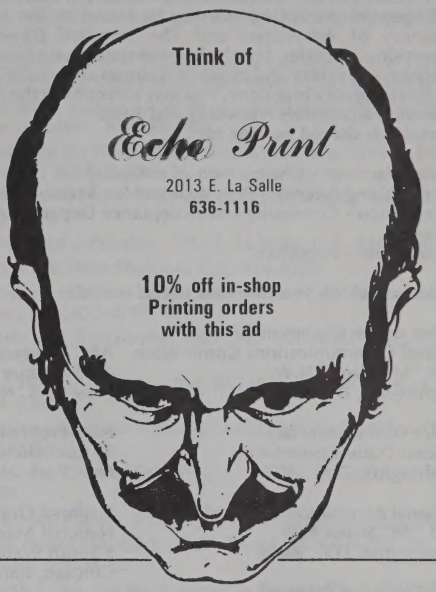

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National Organization for Women
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5 South Wabash, Suite 1615
Chicago, Illinois 60603

Action for Children's Television
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National Advertising Review Board
850 - 3rd Avenue
New York, N.Y. 10022

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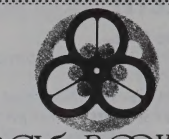

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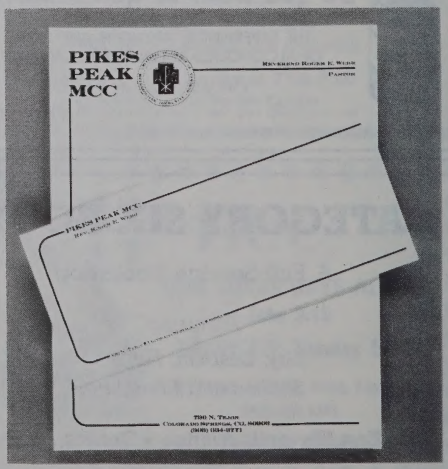

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COMMUNITY GROUPS & SERVICES

The following is a list of all of the groups that presently meet on a regular basis in the Colorado Springs area.

"CAN WE TALK" - Mondays at 7:00 p.m. open to everyone

"COUNT ME IN" - Thursdays between 7:30 and 9:00 p.m. open to everyone 30 and over.

DIGNITY (Catholic support group) - Thursday evenings at 7 p.m. call 593-9606 for further information.

GAY ALCOHOLICS ANONYMOUS - Monday, Wednesday and Friday at 8:00 p.m. In the church basement at 730 N. Tejon.

GAY HELPLINE - 471-4GAY volunteers work the phones Monday thru Friday 6:00 to 9:00 p.m., Saturday from 1:00 to 5:00 p.m.

IMPERIAL COURT OF SOUTHERN COLORADO - For information call 471-7468

INSIGHTS - 7:30 p.m. every other Tuesday discussion group open to everyone.

MARANATHA MCC - Meets Sundays at 10:30 am. at the Community Center.

NETWORK - 1st and 3rd Mondays of the month, 6:00 to 9:00 P.M., Henri's Restaurant, 2427 W. Colorado Ave.

PIKES PEAK MCC - Sunday Service 5:00 pm. at 7:30 N. Tejon.

SEXUALLY TRANSMITTED DISEASE CLINIC - 510 N. Foote Avenue, minors examined without parents consent, information confidential, nominal fee. Call 636-0147

SPEAKERS BUREAU - Call Helpline for information.

WOMEN ONLY - Wednesday, 7:30 to 9:00 PM. Call the Helpline for information.

For further information regarding the groups above, call 471-4GAY.

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The Book Garden - Women's Bookstore, 2625 E. 12th Ave., Denver, 303-399-2004.

Category Six Books Inc. - Gay Literature, 1029 E. 11th, Denver, 303-832-6263.

Columbine Pets – Pet Shop, 3221 S. Academy Blvd., C.S., 392–1714.

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Exit – Bar, 2028 Sheldon, C.S., 634–9276.

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The Hide and Seek – Bar, 512 W. Colorado Ave., C.S., 634–9303.

Marlene Johnson - Amway-MCI, 241 N. Franklin, C.S., 473-6253.

Jo-Wynn Electronics - Repair-(call collect,) C.S., 1-683-2380.

The Mad Planter – Plants, 1805 De Paul, C.S., 633–8896.

Mail Boxes Etc. USA – P.O. Boxes, 3624 Citadel Dr. N., C.S., 570–1333.

North Crow Vacation Ranch – Resort, RR 1, Box 62A, Ronan, Montana, (406) 676–5169.

Papple Mousse - Cards, 19 E. Bayaud, Denver.

Felix "Cab" Shepard – Car Sales, (Daniels Motors) 105 N. Weber, C.S., 632–5591.

Skyway Video – Rentals and Sales, 844 Arcturus (Skyway Plaza) C.S., 577–9047.

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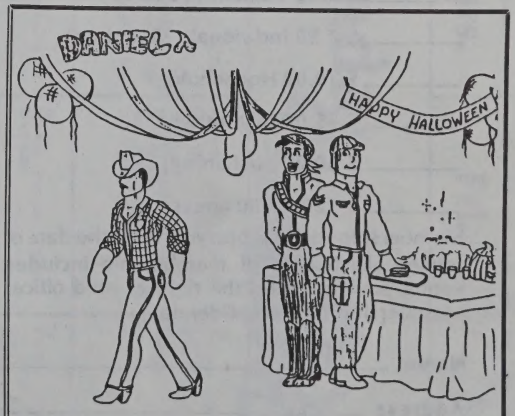

Hat by "Gene Autrey," shirt by "The Cisco Kid," pants by "Roy Rogers," and a walk that would put "Dale Evans" to shame!

When You Have A Dream

By Gloria Latimer

A dream can be anything-anything you hope for; anything you want to see happen; anything you want to accomplish. Do dreams come true? Sometimes. Dreams are likely to come true if **you come thru.** Each of you have some amount of control in making your dreams become reality. Dreams challenge you and you have to meet that challenge to accomplish the ultimate goal.

Living in Colorado Springs, you're no doubt familiar with the "Ultimate Challenge." The Pikes Peak Marathon. Now if running the Pikes Peak Marathon was your dream, you wouldn't wait until race day, wake up and say "Oh Boy! i have an opportunity to make my dream come true. I'm going to run the race today!" (If you would do that, seek help immediately! You are way out of touch with reality.) No...you'd start training months in advance of the race. You'd plan out what to do to prepare yourself mentally and physically. Wouldn't you?

What happens to your personal dreams? Things like developing closer relationships with your friends, reaching fulfillment in your profession, seeing your lifestyle accepted in your community. (Kind of lofty but someone has to dream it) For some reason-or maybe for not reason at all-we wait for most of our personal dreams to come true but we do nothing to help them along. The bottom line is this-if you want to win the lottery, you have to buy a ticket!

Write down your dreams-in ink! Look at them often. Decide what it takes to fulfill those dreams. Write that down too. Then prepare yourself to make your dream come true. Lots of people who stood at the starting line of the Pikes Peak Marathon had no idea they would ever attempt such a race. But they had a dream-a personal challenge-and they prepared to meet that challenge.

Dreams come true if **YOU COME THRU.** ■

Pikes Peak Gay Community Center Membership Form

Fill in the form below and mail it with check or money order to P.P.G.C.C., P.O. Box 574, Colorado Springs, Colorado 80901.

_____ New _____ Renewal

_____ $ 5.00 Student (16 to 21)

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Membership runs for one year from the date of joining. Each type of membership includes voting privleges, and the right to hold office. Membership list is confidential.

Name _____

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City, State & Zip _____

Total Enclosed _____

Community Corner

Courageous Love

By Judy Jordet - Worship Coordinator M.M.C.C.

The response of the gay and lesbian community to the AIDS epidemic has been most heartening. We are fortunate that the gay/lesbian community in Colorado Springs is pulling together in such a variety of ways. Most people in our community recognize AIDS is not primarily a promiscuous male homosexual problem but, like all communicable diseases, it primarily a community concern. A communicable disease can not be fought on an individual level merely through the practice of "Safe Sex" and washing our own hands of the matter. We must dimish the fear by encouraging courageous love.

We as a community should confront AIDS on every level, medically, statistically, economically, socially, politically, ethically and spiritually. AIDS must not be underestimated as merely a sexual problem that if you don't "touch it", it won't "touch you." The medical profession has lab work to do, statistics need to be done to trace the geographic and geometric path of AIDS, money must be raised and channeled effectively. We must organize socially and politically to insure that fear does not isolate the gay community as a pretense for further oppression. Ethically we respond to a person with AIDS (PWA) with concern and not fear, spiritually it is essential to have faith that our creator created us to be healthy in every aspect of our lives, not just our sexual lifes.

Maranatha will contribute to this battle against AIDS in as many ways as we can, such as the lecture at Colorado College, Oct. 16th. Maranatha does not have medical laboratory so we can not contribute medically, but there are many responses to AIDS ethically and socially that we can support. Still, our primary reason for existing as a church is to encourage others to have faith. Faith and love belong together. If we do not have faith that the battle can be won it will effect the strength of our courageous love. Faith gives us strength for courageous love. Faith is our source of commitment; love is our source of courage. I John 4:18 says, "There is no fear in love; perfect love drives out fear." Learning "Safe Sex technique" will only defend yourself; learning courageous love "techniques" will not only defend yourself and others but will pursue the source of health for all of life, not just sexual health. Learning this "technique" of courageous love is what Jesus is all about. All people love in many ways, and it is possible to put faith in anything. Maranatha has faith in Jesus because we believe Jesus is the Restorer of all of life.

The AIDS epidemic must be confronted from every angle. Men who have modified their ways of expressing love with their partner exhibit an intimate self-sacrifice. Responding individually be becoming "creative with sex" however is a myopic attitude during an epidemic. There are many ways to be creative with community love - medically, economically, socially, politically, ethically and spiritually. Maranatha exists to contribute faith in Jesus Christ to the compassion we all feel. Through Jesus faith and love are combined into constructive action. James 1:22, 2:14-26. ■

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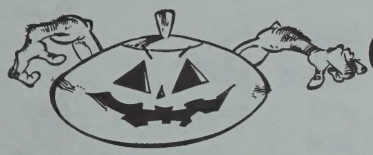
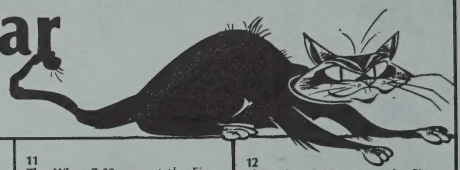


Community Calendar



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
6 **National Fire Prevention Week** - Today thru the 12th. **PPMCC** - UFMCC 17th Birthday, Rev. Troy Perry's sermon address. Worship at 5pm. **ICSC** - Air Fare deadline for Dallas Coronation. Program Committee meeting at David G.'s, 1:00 pm.	7 **Network** - 6 pm. at the Exit. Business, members will discuss changes in budget, goals, community needs and other concerns. **Can We Talk** - 7:00 pm., at the Community Center.	8 	9 **PPMCC** - Meet & Eat at noon. **The Women's Group** - Topic::Courtship II, 7:00 pm., call the Helpline for info.	10 **The Wiz** - 7:00 pm., at the Fine Arts Center. **PPMCC** - Midweek Worship at 7:00 pm. **Dignity** - General Elections **Count Me In** - 7:30 pm., call the Helpline for info. **ICSC** - Court Show at the Exit, 10:00 pm.	11 **The Wiz** - 7:00 pm., at the Fine Arts Center. **ICSC** - Court Show at the Annex, 10:30 pm. **PPMCC** - Holy Spirit Retreat, begins 7:30 pm. (today) and ends 10pm. (Saturday), Camp La Foret, Cost $25.00.	12 **The Wiz** - 7:00 pm., at the Fine Arts Center. **ICSC** - Court Show at the Hide & Seek, 10:30 pm. and 12:00 midnight.
13 **PPMCC** - Worship Service at 5:00 pm., Rev. Dusty Pruitt preaching.	14 **Columbus Day** **Can We Talk** - 7:00 pm., at the Community Center.	15 **PPGCC** - Board Meeting, 7:30 pm., at the Community Center. **PPMCC** - Sexual Abuse Group (Women) 6:30 at the church, bring pillows.	16 **The Women's Group** - Topic::Break Ups, 7:00 pm., call the Helpline for info. **PPMCC** - Meet & Eat Lunch at noon **PPMCC** - Men's Positive Image Group, 7pm., at 930 Corona	17 **Count Me In** - 7:30 pm., call the Helpline for info. **PPMCC** - Midweek Worship at 7pm.	18 **The Wiz** - 7:00 pm., at the Fine Arts Center.	19 **The Wiz** - 7:00 pm., at the Fine Arts Center. **PPMCC** - Board of Directors meeting, 3:30 pm. at 930 Corona.
20 **The Wiz** - MATINEE - 1:00 pm., at the Fine Arts Center. **PPMCC** - Worship Service at 5:00 pm.	21 **Can We Talk** - 7:00 pm., at the Community Center. **Network** - Halloween Party, 7pm., at the Women's Bar. 2735 E. Yampa.	22 **Happy Birthday** - David G., Emperor-Imperial Court of Southern Colorado. **PPMCC** - Sexual Abuse Group at 6:30 pm. **Helpline** - Meeting at the Community Center, 7:00 pm. Pot Luck.	23 **The Women's Group** - Topic:Survival 7:00 pm., call the Helpline for info. **PPMCC** - Meet & Eat Lunch at noon **PPMCC** - Men's Positive Image Group at 7:00pm.	24 **Count Me In** - 7:30 pm., call the Helpline for info. **PPMCC** - Midweek Worship at 7pm.	25 	26 **Open House** - At the Community Center. 3:00 to 7:00 pm. Everyone is invited, refreshments will be served.
27 **DAYLIGHT SAVINGS TIME ENDS** **PPMCC** - Worship Service at 5:00 pm.	28 **Full Moon** **Can We Talk** - 7:00 pm., at the Community Center.	29 **ppmcc** - Sexual Abuse Group at 6:30 pm.	30 **The Women's Group** - 7:00 pm., Cheryl will speak on the Michigan Womyn's Music Festival. **Shooting Competition** - Olympic Training Center, today thru Nov. 2nd. **PPMCC** - Meet & Eat Lunch at noon. **PPMCC** - Men's Positive Image Group, 7pm at 930 Corona.	31 **Halloween** **Count Me In** - 7:30 pm., call the Helpline for info. **Symphony** - Allen, Harp, Pikes Peak Center, today thru Nov. 3rd. **PPMCC** - Midweek Worship at 7:00 pm.	November 1	2
3 **PPMCC** - Worship Service at 5:00 pm.	4 **Can We Talk** - 7:00 pm., at the Community Center.	5 **PPMCC** - Sexual Abuse Group at 6:30 pm.			**DATES TO REMEMBER** Oct. 14 Columbus Day 27 Daylight Savings Time ENDS 31 Halloween	

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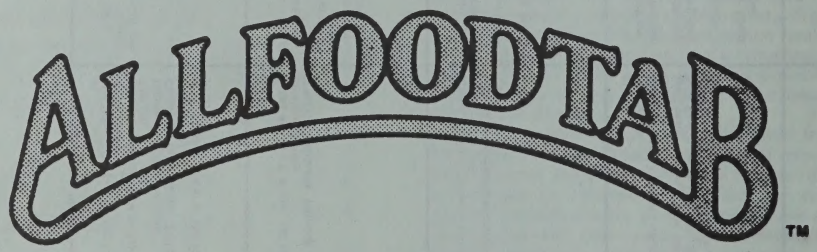

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